



Tim Stewart, The Household yoga & coaching practice

DipLifeCoaching – ongoing (AIPC)

200Hrs Yoga Teacher Training & 50 Hrs Yin Teacher Training (Byron Yoga Centre)



Tim Stewart is a professional life coach and yoga teacher with a passion for helping people to discover and become their best selves, because fulfilled people are good for society. He believes that everyone has the innate potential to reach their potential.

Tim has led an interesting life! Starting off as a farmer and horseman in the UK, he then began working in overseas development over 20 years ago; helping small farmers in developing countries to be more productive and improve their lot. This has taken him from Africa to Afghanistan, and Serbia to Surabaya and many places in between and beyond. In 2023 he finally realised his dream of becoming Australian and makes his home there.

Tim's extensive travel and life experience gives him depth to draw on, and an ability to connect with people from many walks of life. As a life coach and yoga teacher he has a particular interest in working with those who work in stressful areas such as overseas development, diplomacy, politics and frontline services. However, his services are not exclusive to these professions.

Tim offers a blend of coaching, yoga and meditation to suit his client's needs and comfort levels to help them to discover themselves and realise their authentic potential. Tim would like to work with you to:

- Understand yourself
- Identify appropriate goals, and strategies to attain them
- Develop habits and practices to build contentment and resilience

If you'd like to join Tim on a journey of discovery and enrichment, contact him now:

tim@the-household.com